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LONDON metro®
Thursday, August 18, 2011
www.metronews.ca
News worth sharing.

Chicken debate won't die!

People who want exemptions must be given face time **No way around spending more time on issue: Councillor**

ANGELA MULLINS
LONDON@METRONEWS.CA

There could be plenty more clucking around city hall about backyard chickens.

Less than a day after a council committee voted 5-1 against allowing the fowl, Coun. Stephen Orser said he had already heard from three people who want exemptions.

"They're all coming out of the coops," he said yesterday afternoon.

The full city council will vote Aug. 29 on allowing people to raise the birds. A "no" vote will ruffle some feathers, but even that isn't likely to kill the issue altogether, Orser said.

Anyone who wants to bypass the existing bylaw banning chickens can ask for an exemption and get five minutes to plead their case at a council committee meeting. Committee members then must vote on it and pass it to the full council for another vote.

In the end, that could mean a lot more discussion and a lot more city time spent talking chicken.

"It won't be as simple as saying, 'Nope, we're not allowing you (to have chickens),'" said Orser, the lone dissenter Tuesday.

"This is not going away at all."
COUN. STEPHEN ORSER

Spending more time on the issue flies in the face of the justification several Community and Neighbourhoods Committee members — plus Mayor Joe Fontana — gave Tuesday for voting against the birds.

Moving forward with a laying-hen bylaw would create a lot of work for various city departments, including the clerk's office and enforcement officers, councillors said during the meeting.

"The result of that is other work doesn't get done," Coun. Matt Brown said.

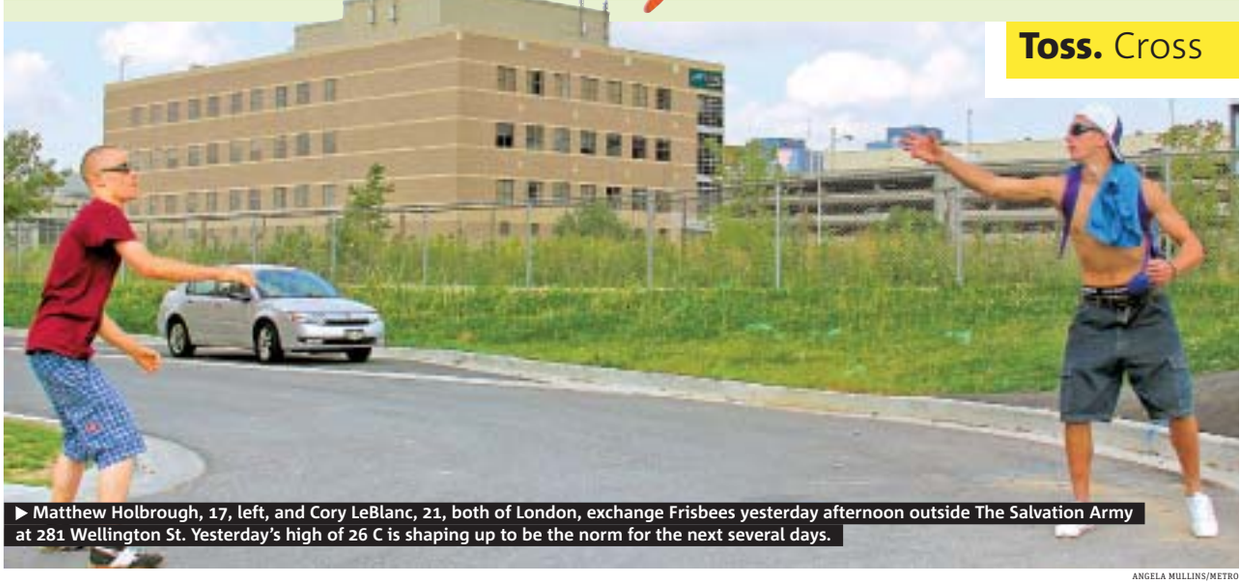
And that comes at a time when the city needs to spend as much time as possible on creating jobs, some councillors and Fontana said.

"The key question is how do we set priorities as a council," Brown said.

Regardless of the priorities set, Orser expects Operation Chicken — the group leading the fowl campaign — to keep hammering away at the issue.

Larissa Gerow, a member of the group, was granted an exemption to keep hens in her yard last year.

"The minute you give one exemption, it's very hard to turn someone else down," Orser said yesterday.



Toss. Cross

▶ Matthew Holbrough, 17, left, and Cory LeBlanc, 21, both of London, exchange Frisbees yesterday afternoon outside The Salvation Army at 281 Wellington St. Yesterday's high of 26 C is shaping up to be the norm for the next several days.

ANGELA MULLINS/METRO

Throwing discs while catching some rays

There's expected to be a bit less sunshine today with a mix of sun and clouds and a 30 per cent chance of showers late in the afternoon. Environment Canada is calling for full-on sun Friday and Saturday, with highs nearing 30 C.

World Youth Day

Chemistry student arrested

Planned to attack protesters during Pope's Madrid visit: Police
Specialized in organic chemistry {page 4}

Tidy tips

How to keep a clutter-free home
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1 news

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How much video-blog-worthy material can one gather at the Vancouver airport? A contest winner is banking on 80 days' worth. Video at metronews.ca

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Village Harvest. Bakery

▶ Doug Huskilson and Sharon Hachey, owners of Village Harvest Bakery, 145 Wortley Rd., get sundried-tomato pizza-crust dough ready for the refrigerator yesterday afternoon. The Wortley Village bakery sells a full variety of made-from-scratch breads and pastries.

ANGELA MULLINS/METRO

There's no business like dough business

Supplies for Students program in demand

This years marks the 11th Supplies for Students program

Organizers hope to provide more than 1,500 backpacks to kids this fall

MIKE ARSENAULT
LONDON@METRONEWS.CA

The Thames Valley Education Foundation has launched its annual Supplies for Students program, and organizers say more Londoners need help getting ready for the school year.

"We found that some families couldn't afford to get everything they needed for their kids," said Chantal McLaughlin, program co-ordinator of Supplies for Students. "We saw a need in the community, and it's grown a lot in the last 11 years."

The school supplies that kids need is an imposing list.

The program attempts to provide each student with a full complement of materials, as well as a backpack.

"From pencils, wax crayons, to calculators, the backpacks themselves, paper, binders," McLaughlin said. "We look to get as much (as we can) into every backpack."

Parents can approach their school principal and request a backpack for their child anonymously.

McLaughlin has seen a marked increase in requests over the past few years, due to the economic downturn and high unemployment battering the London area.

"Every year we get higher requests from the schools on the number of kids that need backpacks," she said. "Last year, we (gave) over 1,500 backpacks, which was one of our biggest years."

Locations

Donors may drop off supplies at the following locations until Sept. 4 (look for the white picket fences):

- Argyle Mall
- Westmount Shopping Centre
- London Life — Queens Avenue lobby
- Staples Business Depot (at Argyle Mall)

Fund gives groups bucks to spruce up 'hoods

Nine London neighbourhoods are receiving more than $45,000 combined to support projects from the Sparks! Neighbourhood Matching Fund. The fund was created to support neighbourhood-driven projects.

Eleven projects were chosen out of 29 applications received. The resident-driven proposals included activities promoting community celebrations, neighbourhood beautification and enhancing local gathering places. The Seniors Community Association and Friends of the Cove Subwatershed Inc. each received the maximum $5,000 for their projects.

The seniors association wants to develop a neighbourhood hub with a 36-week pilot project offering weekly social drop-in activities at Westmount Gathering Place. The Friends of the Cove plans to enhance the wildlife habitat at Euston Park by installing bird boxes, planting wildflowers, trees and shrubs. METRO

CONTRIBUTED

London CANADA

MMA coach laid to rest

Popular mixed martial arts coach Shawn Tompkins will be laid to rest tomorrow in London, less than a week after his shocking death.

His brother-in-law, London native Sam Stout, says Tompkins, 37, died from a heart attack. He was staying with a friend in Ingersoll when he died.

Visitation will be tonight at Westview Funeral Chapel (709 Wonderland Rd.) between 3 p.m. and 5 p.m., as well as between 7 p.m. and 9 p.m. The funeral will be at West Park Church at 1 p.m. METRO

▶ Susan Truppe

Doors Open London gets Ottawa help

The London Heritage Council has received $15,500 from Ottawa to help present Doors Open London, which will take place Sept. 17 and 18. The event will celebrate its 10th anniversary next month. Doors Open London is an annual celebration of local arts, culture and heritage in the city. "Londoners have every reason to be proud of our community and to celebrate our collective sense of belonging to a unique place in this country," said London North Centre MP Susan Truppe in a release. METRO

Puppies' deaths to be probed

The London Humane Society has launched an investigation following a gruesome discovery in the city's south end. Three puppies, between two and four weeks old, were found in a garbage bag dumped by the curb on Jalna Boulevard.

AM980/AM980.CA

Click! You just voted

Elections chief wants online ballots Present system inefficient and expensive, he says May 2 federal election cost $291 million

The next time Canadians go to the polls in a federal byelection, it could just mean booting up their computers.

Canada's chief electoral officer says he's committed to seeking approval for a test of Internet voting in a byelection held after 2013.

Marc Mayrand also says Elections Canada wants to expand other services offered online, such as voter registration.

In his official report on the May 2 federal election, Mayrand says it's clear Canadians are demanding more ease and flexibility in voting.

May's vote featured a record turnout at the advance polls — even though they were held over the Easter holidays — as well as an increase in special ballots.

"The rigidity of the voting process is not only an inconvenience for electors, but is also expensive and, in some cases, inefficient," Mayrand says in a report released yesterday.

Elections Canada "needs to explore more efficient processes for conducting the vote," he says.

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An archaic ban?

- Mayrand doubts there was widespread flouting of a rule that prohibits publishing election results in areas where the polls are still open.
- A social media campaign had encouraged people to break the rule, arguing that the Internet age makes such a ban archaic. Mayrand agrees.

Stranded. Just like Tom Hanks

Jaeger Mah greets the media after stepping off a Learjet yesterday at Vancouver's airport. It will be his home for the next 80 days while he tells the airport story. "There's a thousand cultures walking through here every day," he says.

PHYLICIA TORREVILLAS/METRO

He looks like a tourist, but he's going nowhere

Jaeger Mah watched the Tom Hanks movie The Terminal the night before he turned up at Vancouver's airport yesterday. The film, about a man trapped at New York's JFK, is decidedly apt — Mah will be stranded for 80 days at YVR. The Hanks movie gave him "some inspiration," said Mah, 29, who won a contest that allows him to live at the airport for 80 days and tell his story online. Mah says he'll be "meeting people who work here, who work on the tarmac, who work in traffic control." Follow him at liveatYVR.ca.

Chief won't rush Stanley Cup riot probes

MATT KIELTYKA IN VANCOUVER

The surge of public impatience over the lack of charges stemming from Vancouver's Stanley Cup riot two months ago came to a head yesterday.

Under-siege Vancouver police Chief Jim Chu, whose department has not had any riot-related charges approved, addressed media and stressed that "hundreds" of charges will be laid — but only after thorough investigations.

"If you are in favour of speed, you are in favour of more acquittals and lighter sentences," Chu shot back amid intense scrutiny from media, the public and commentators.

"If we rush cases to court, we risk losing them by being ineffective and inefficient."

Comparisons are being made with the riots in England, where police have laid more than 1,000 charges.

But Chu said given the nature of the violence, demographics and the policing and legal framework, the two situations are simply "incomparable."

Meanwhile, former Vancouver Olympic Organizing Committee head John Furlong and former Nova Scotia deputy minister Doug Keefe are expected to wrap up their review of the riot by Aug. 31.

MATT KIELTYKA/METRO IN VANCOUVER

Vancouver police Chief Jim Chu calls for patience.

A night in June

- Police have identified and are investigating 259 separate criminal events on the June 15 night of rioting.
- Nearly 270 suspects have been identified and police plan to launch a new website soon asking the public to help identify about 150 more.
- More than 1,600 hours of riot footage will be sent to a U.S. processing lab.

Mom's off the mark

Research has already found that Canadians think they're skinnier and taller than they really are, but a new study suggests they're also off the mark over the height and weight of their kids.

Statistics Canada found that on average parents underestimated their child's height by 3.3 centimetres and weight by 2.4 pounds. The errors skew kids' obesity rates.

THE CANADIAN PRESS

Police act over 'online threats'

Montreal police say they've made an arrest in a case involving alleged online threats made for nearly 20 years against atheists and secular scientists around the world.

Police say they had a deluge of complaints from all over the world about a Montrealer who goes by the online moniker "David Mabus" among other pseudonyms.

THE CANADIAN PRESS

Imam faces sex rap

An imam who taught at a Toronto Islamic centre and travelled to mosques around the world is facing sexual assault charges involving at least five alleged victims.

Mohammad Masroor, 48, has been charged with 13 offences, including threatening death.

The investigation involves five alleged victims, both male and female, police say.

THE CANADIAN PRESS

MIKHAIL METZEL/THE ASSOCIATED PRESS

▶ First Vice Premier Sergei Ivanov, left, and Russian Prime Minister Vladimir Putin yesterday in Zhukovsky, Russia.

Russian PM backs aviation sector

Russian Prime Minister Vladimir Putin vowed yesterday to keep the development of national aerospace industries a top priority for his government.

Putin spoke at Moscow's International Aviation and Space Show at Zhukovsky air base outside Moscow, saying that supporting aircraft makers will be an "absolute strategic priority."

The show features Russia's state-of-the-art planes. Boeing, Airbus and other international aircraft makers also have sent their latest products to the event.

Putin hailed Russia's latest aircraft designs, including its first stealth fighter, the T-50.

"They represent the achievements of today's Russia, the efforts of our experts, who are reviving and developing the best traditions of Russian aviation and space industries," Putin said.

The T-50 closely resembles the U.S. F-22 Raptor it's intended to match. The Russian fighter made its maiden flight in January 2010, but was kept out of the public eye before its public debut yesterday in Putin's presence.

The T-50 still lacks new engines and state-of-the-art equipment, and its serial production is only expected to begin in 2015 at the most optimistic forecast. Two T-50s are currently undergoing tests, and another pair is expected to join them later this year.

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Attack plotted ahead of Pope visit

Chemistry student had planned to attack anti-Pope protesters with 'suffocating gases' and other chemicals, according to a police statement ◐ Church organizers say the papal visit will cost about $72 million US

A chemistry student working as a volunteer for the Pope's visit to Madrid was arrested on suspicion of planning a gas attack targeting protesters opposed to the pontiff's stay, officials said yesterday.

Pope Benedict XVI is due to arrive today for a nearly four-day visit to celebrate World Youth Day, and thousands of protesters railing against his visit marched through central Madrid to the Sol plaza, where they have held months of demonstrations against Spanish politicians and the government's austerity policies.

A police official said the suspect arrested in Madrid Tuesday is a 24-year-old Mexican student specializing in organic chemistry. She would not say whether investigators believe the man was actually capable of carrying out a gas attack, and did not know if he actually had chemicals that could have been used to assault the protesters.

RICCARDO DE LUCA/THE ASSOCIATED PRESS

▶ Riot police officers clash with demonstrators during a protest against the visit of Pope Benedict XVI in Madrid yesterday.

The detainee was identified by the Mexican Embassy in Madrid as Jose Perez Bautista, which said he was from Puebla state, near Mexico City.

The protest he allegedly wanted to disrupt happened relatively peacefully, and the only incidents of note as of late yesterday were some shouting exchanges between demonstrators and pilgrims who support the Pope.

But riot police were monitoring the protesters in the plaza.

Police have 72 hours from the time of the arrest to bring the detainee before a judge at the National Court for questioning or to release him. A court official said he would appear before the judge today at the earliest.

The official — speaking on condition of anonymity in line with court policy — said the detainee had been making threats over the Internet against people in Spain opposed to the pope's visit, and police who'd been monitoring his online activity ultimately decided to arrest him as the visit approached.

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Arrested

- **Pilgrims.** The suspect was arrested at a Madrid convention centre where the hundreds of thousands of pilgrims coming to town for the papal visit are supposed to pick up their accreditation, a police official said on condition of anonymity in line with the department's rules.
- **Mexican volunteer.** An official with the Pope visit's organizing committee said the Mexican was a volunteer helping to deal with the massive flow of people flooding Madrid. She would not give her name, citing the church-run committee's policy.

Christian theme park to build Noah's Ark

Tucked away in a nondescript office park in Hebron, Ky., Noah's followers are rebuilding his ark.

The biblical wooden ship built to weather a worldwide flood was 152 metres long and about 25 metres high, according to Answers in Genesis, a Christian ministry devoted to a literal telling of the Old Testament.

This modern ark, to be nestled on a plot of about 325 hectares of rolling Kentucky farmland, isn't designed to rescue the world's creatures from a coming deluge.

It's to tell the world that the Bible's legendary flood story was not a fable, but a part of human history.

It's an expansion of the ministry's first major public attraction, the controversial Creation Museum. It opened in 2007 and attracted worldwide attention for presenting stories from the Bible as historical fact, challenging evolution and asserting that Earth was created about 6,000 years ago.

THE ASSOCIATED PRESS

$155M The ark will be the centrepiece of a proposed $155-million US religious theme park, called the Ark Encounter, and will include other biblical icons like the Tower of Babel and an old world-style village.

News in brief

Hackers target transit agency

SAN FRANCISCO. Hackers again have targeted a California transit agency that came under fire last week for turning off cellphone service in its stations to thwart a potential protest.

THE ASSOCIATED PRESS

Daredevils ask for chance to go over falls

NIAGARA. Two daredevils who each survived two trips over Niagara Falls in barrels say they should be allowed to repeat their stunts if Nik Wallenda's request to walk a tightrope over the famous cataracts is approved.

THE ASSOCIATED PRESS

Traveller's spirit and Scotiabank support help Shanghai native start Canadian journey

As the operator of a Shanghai travel agency, Yuxiang Zhang had a love of travel that he put to the test when he decided to move to Canada. But when he faced worries about this colossal trip, he discovered how Scotiabank's multinational team and services can provide a smooth landing.

Mr. Zhang's personal journey began after he visited Becky, his only daughter, who had immigrated to Canada in 1999. Seeing how she was enjoying her life in a friendly, multicultural country, he decided to become a family class immigrant.

"I was excited to join my daughter, but I was also unsure about the details, such as how would I move forward without speaking English?" says Mr. Zhang, who also wondered about practical issues such as the process to transfer money to a Canadian bank.

Fortunately, Becky convinced him to attend an immigration seminar in Shanghai, hosted by Scotiabank and The Cross-Cultural Community Services Association, where Bank officials answered every question, ranging from the Canadian job market to government services. He also learned about the ***Scotiabank StartRight***® Program[1] for Newcomers, which includes a free day-to-day bank account for one year[2], a wide range of VISA* card options[3] and a number of other customized services and benefits.

"Before the seminar, I was very worried, but afterwards I felt relieved, and it gave me the courage to move forward," recounts Mr. Zhang, who arranged for his Canadian and U.S. dollar bank accounts with Scotiabank, and applied for a credit card, while still in Shanghai, through the Bank's partnership with China Everbright Bank.

After landing in Toronto in late 2009, Mr. Zhang went alone to the Scotiabank branch at the Steeles & Silverstar location to activate his accounts. Speaking only Mandarin and Russian, he wasn't sure how things would go. Luckily, he was greeted by Isa Ho, Branch Manager, and her multilingual staff. "Surprisingly, it went well, and my accounts and debit card were ready, and my VISA* card came within a week," marvels Mr. Zhang.

Isa, a Canadian immigrant who speaks both Cantonese and Mandarin, is well prepared to serve newcomers. She often calls them long distance before they move, to help them prepare. "I tell them about banking options and what are the best schools for their kids," says Isa, a 31-year veteran of Scotiabank, who still remembers seeing donuts for the first time when she arrived. "When they get here, we answer their questions about Canadian customs, and explain about banking in Canada. Also, since many newcomers want to buy a home, we educate them on Canadian mortgages and how to avoid credit mistakes."

Today, Mr. Zhang is enjoying life in Canada, studying English and preparing to start a tour business for both Chinese and Canadian travellers. During an upcoming visit to China, he will tell others about the opportunities in Canada and "the friendly, open and trustworthy service I experience at Scotiabank."

That's good news for Isa Ho who teaches her Scotiabank team to "Welcome every newcomer with a smile, speak their language, and serve them with our hearts."

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With the support of Scotiabank's Isa Ho, Mr. Yuxiang Zhang is discovering a world of opportunities in Canada.

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[1]The *Scotiabank StartRight* Program, created for Canadian Landed Immigrants from 0-3 years in Canada, International Students and Foreign Workers.
[2]The Contest commences at 12:01 a.m. (ET) on April 1, 2011 and ends at 11:59 p.m. (ET) on March 31, 2012 (the "Contest Period"). No purchase is necessary. To enter this Contest, entrants must register online at startright.scotiabank.com/srcontest. There will be one (1) Grand Prize awarded consisting of a ten thousand dollar (CAD 10,000) cheque payable to the winner and deposited into the winner's *Scotia Powerchequing*® account. The Grand Prize winner will be randomly selected on April 2, 2012. There will be three (3) Secondary Prizes awarded, each consisting of a three thousand dollar (CAD 3,000) cheque payable to each winner and deposited into each winner's *Scotia Powerchequing* account. One (1) Secondary Prize winner will be randomly selected on each of the following dates – August 2, 2011; December 1, 2011; April 2, 2012. Entrants in each draw period that have not been selected as a winner will be entered into the subsequent draw. Chances of winning depend on the total number of eligible entries at each draw date. This Contest is open to residents of Canada that have reached the age of majority in their province or territory of residence by the start of the Contest Period. Employees of The Bank of Nova Scotia, Carlson Marketing, Capital C, Rapp (and persons domiciled with them and immediate relatives) are not eligible to enter. Only one entry per person is permitted. Correctly answering a skill-testing question is required to be officially declared a winner. For full Contest details, go to **startright.scotiabank.com/srcontest**.

Stamp honours Berry best

SEAN GALLUP/GETTY IMAGES

▶ The BlackBerry liberated information workers from their desks, Canada Post says.

Research In Motion Ltd. and the BlackBerry are putting their mark on snail mail.

Canada Post is releasing a new commemorative stamp honouring the Canadian-invented smartphone, saying the device "freed information workers from their desks and changed the way the world communicates."

The stamp is one of four that pay tribute to Canadian inventions. The three others recognize the electric oven, the electric wheelchair and the cardiac pacemaker.

THE CANADIAN PRESS

Quebec firm behind Obama bus

The Quebec company that built the luxury bus being used this week by U.S. President Barack Obama is keeping mum about the stir the bus has caused south of the border.

The New York Post tabloid chastised Obama for using Canadian-made transportation during his economic recovery tour through Iowa, Minnesota and Illinois. The headline read: "Canucklehead Obama bus-ted!"

Steve Ziegler, director of business development at Prevost, in Ste-Claire, Que., says the company designed only the outer shell of the $1.1 million VIP H3-45 bus.

The interior was done mainly by a Tennessee company, and the U.S. Secret Service — which ordered the bus — put in a few finishing touches.

Whether that includes the codes to the U.S. nuclear arsenal, as some reports suggest, Ziegler wouldn't comment.

"We're not really at liberty to talk about them, because it's Secret Service," he said.

THE CANADIAN PRESS

OVER 50,000 KIDS ARE GETTING A HEAD-START WITH NORTH AMERICA'S FIRST FULL-DAY KINDERGARTEN.

Source: Ministry of Education, 2011.

Deb Matthews, MPP www.debmatthews.ca
Chris Bentley, MPP www.chrisbentley.onmpp.ca
Khalil Ramal, MPP www.khalilramal.onmpp.ca

THE ASSOCIATED PRESS

▶ The tobacco companies' lawsuit says the new warning labels were manipulated to be especially emotional. They say the corpse photo is really an actor with a fake scar, while the healthy lungs were sanitized to make the diseased organ look worse.

Big Tobacco fuming over graphic labels

- U.S. lawsuit against the FDA calls for ban of 'emotional,' 'manipulated' cigarette-pack warnings
- New labels must constitute 20 per cent of packaging

Five of the largest tobacco companies in the United States want a judge to put a stop to graphic cigarette labels that feature images of a sewn-up corpse and diseased lungs, saying they unfairly urge adults to shun their legal products and will cost millions to produce.

The companies sued the federal government yesterday, arguing that the warnings violate their free-speech rights.

5

The five companies behind the lawsuit are R.J. Reynolds Tobacco Co., Lorillard Tobacco Co., Commonwealth Brands Inc., Liggett Group LLC and Santa Fe Natural Tobacco Company Inc.

The companies say the warnings no longer simply convey facts to allow people to make a decision on whether to smoke. They instead force them to put government anti-smoking advocacy more prominently on their packs than their own brands.

The U.S. Food and Drug Administration refused to comment yesterday, saying the agency does not discuss pending litigation. But when the labels were announced in June, the FDA called them frank and honest warnings about the dangers of smoking.

THE ASSOCIATED PRESS

OWNERSHIP DISPUTE

Facebook faceoff starts today

Facebook attorneys appear poised to ask a judge to throw out a lawsuit by a man claiming ownership of the social network after finding what they say is proof the case is baseless.

Lawyers for Facebook and its founder, Mark Zuckerberg, are due in federal court in Buffalo, N.Y., today opposite attorneys for Paul Ceglia, who says he has a 2003 contract making him half-owner of Facebook.

Facebook says the contract is a doctored version of a document their experts found on Ceglia's computer from when the two men worked together on an unrelated project.

Facebook's filings say that if the case is allowed to continue after what the experts found, lawyers will move to dismiss. THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
+ 48.9 (12,579.61)	+ 0.25¢ (102.07¢ US)

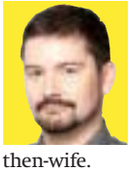
Oil	Natural gas
+ 93¢ ($87.58 US)	1,000 cu ft $3.933 US (+ 1.0¢)

Gold contracts $1,793.80 US (+ $8.80)

HOW TO PUT A LITTLE SPRING IN YOUR STAGGER

HE SAYS ...

JOHN MAZEROLLE
METRO



I have a no-nonsense, well organized office in my apartment that looks like a place where work gets done. It looks that way because nobody uses it. I think about it while I drink beer in my neighbourhood bar.

I am a barfly. Wherever I've lived, a bar has been my second home. The current pub is where I go when it's too cold, where I hide when there's lightning, and it's where I fled after separating from my then-wife.

You see how the place gives off good vibrations.

Why this bar in particular? It fits my demanding criteria of being very, very close to my apartment. I enjoy its five-star adjacency ranking and its world-class proximity. If I'm ever writing Zagat reviews, my top rating will be NEARBY!

Truth is, if there were a laundromat closer with some detergent fumes and a vending machine, I'd hang there.

"It fits my demanding criteria of being very, very close to my apartment. I enjoy its five-star adjacency ranking and its world-class proximity. If I'm ever writing Zagat reviews, my top rating will be NEARBY!"

Not that the bar is devoid of charm. It's one of those proudly middle-of-the-road places that describes everything on the menu as "our very own," as if they have a cow out back they're getting their burgers from.

Countless hours in this place have made me well-versed in barflyedness and, in the spirit of pubs everywhere, I offer the following unsolicited advice about the ins and outs. Because you remind me of me at that age.

Talk the talk: Remember that everybody at the bar worked harder than you did that day, and are so friggin' tired and, oh, man, you don't even understand. But it's all cool, no biggie, they do it all the time.

When you join this conversation, because you worked harder than everyone else too, make sure to roll one of your shoulders and wince as you talk.

Tip well: Even if the service is terrible, if you're a regular you have to tip 15 per cent. Because if you got bad service by accident, you don't want to see the bad service you'll get when they do it on purpose.

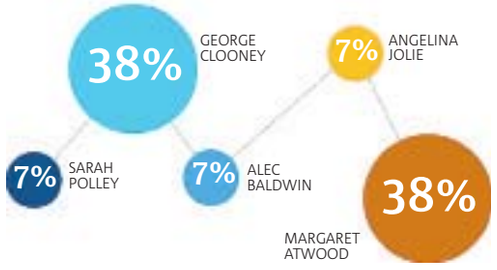
Spread your empties: Be sure to scatter your empty beer bottles around your table so anybody looking has the impression there's a multi-person party going on, and if they look back later they'll see the many GQ-quality men and buxom redheads who have only temporarily stepped away from the table. If anyone is around long enough to know it's just you and Alexander Keith, well, how long have THEY been there?

Follow these tips and you'll be the top tippler you can be. Remember: If you're going to be mediocre, you should be the best at it. Cheers!

Read more of John Mazerolle's columns at metronews.ca/hesays

Register at metropolitanpanel.ca and take the quick poll

Which celebrity would you most like to see run for office?



Local tweets

- **@kvl:** What ever happened with the "my ideas count" email 'thing' for #ldnont. I never heard a single response after sending 20 long form entries
- **@anma_sa:** Just wrote my first letter to Mayor Fontana. Democracy feels good. #ldnont
- **@feliciadasilval:** Why does it feel like things are in slow motion when you are late? #ldnont #transit
- **@Evolving:** People who hold the door open make my day. #thankyou #ldnont
- **@reikomclaughlin:** 7 more days of work (including today)! and then in 9 days peace GTA and hello #ldnont #uwo
- **@CommLivLondon:** We are currently seeking volunteers for our bowling program starting Sept 21st! If interested contact melanie.alexander@cll.on.ca #ldnont
- **@Mike_Bloxam:** Human rights denied in #LdnOnt by making (keeping) it illegal to grow one's own #food (egg-laying #chickens) #CDNpoli #ONTpoli

Letters

We asked readers what they would like to see in their ideal transit system.

Great series. I must comment on the "wants." London doesn't even buy buses, do the folks think they would EVER invest the money on rapid transit, A MONORAIL??? Let's be a little more realistic. Want to pay $5 (or more) a trip? With the industries and housing all going to outlying areas, I think it's time to IMPROVE SERVICE before addressing those! Great paper, by the way!

DAVE MORRICE
LONDON

Extended hours, better weekend/holiday hours, better-spaced stops (honestly, do buses really need to stop every 50-100 metres?), better connections between buses, and a better way to figure out what buses you need to catch and where (I know you can do this through Google; it's how I figured out buses in Ottawa).

More options for payment for fare/pass at the office (cash only, really?), the ability to buy passes at one time for the entire year, and not have to remember to go to the office once a month.

LAUREN BURDICK
LONDON

Cartoon by Michael de Adder

WEIRD NEWS

The bare bones of Sweden's real estate market

A Swedish real estate agent has an unusual piece of property up for sale: a five-bedroom house, complete with medieval tomb and skeleton in the cellar.

The central Visby town house on the Baltic Sea island of Gotland was built in 1750 on the foundations of a Russian church. The kitchen lies on the presbytery, and the tomb containing the skeleton — visible through a glass panel — is in the cellar.

The real estate agency's owner Leif Bertwig says there is no reason to be afraid as the skeleton "lies in consecrated soil and rests in peace."

Bertwig said yesterday the remains likely belong to a Russian man who died some 800 years ago.

The asking price for the house is $640,000 US.

THE ASSOCIATED PRESS

JOHN AREDAL/THE ASSOCIATED PRESS

▶ The skeleton of what is believed to be an 800-year-old Russian man.

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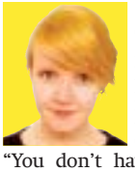
2 scene

The power of the spoken word

London Poetry Slam is open to anyone and everyone

BACKSTAGE PASS

AMANDA GRANT
METRO LONDON



"Art is for everyone," says Melissa Krone, director of the London Poetry Slam. "You don't have to come from a certain background to understand or appreciate it."

This is the sentiment behind poetry slams — people from all walks of life gathering to speak their mind, share their passion and experience the power of the spoken word.

Poetry slams are a unique experience. People gather, young and old, first-timers and regulars, every month and judges are randomly selected from the audience. Poets compete, exploring a personal experience, a hobby or an issue through spoken word. Each performance is judged on a scale from one to 10, and the winners from each event have the chance to compete in a national poetry slam. Anyone can enter, and anyone can judge.

"It empowers people to speak about things that are important to them," says Krone. "And it teaches people to listen to each other."

On Friday night, the London Poetry Slam will host their monthly event at the London Music Club, featuring a performance from renowned Canadian spoken-word poet Greg Frankson, a.k.a. Ritallin.

Ritallin experienced his first slam in 2000, and by 2004 was a regular fixture in the scene.

"I've been writing for as long as I can remember," Ritallin says.

He experimented with hip-hop and poetry in high school, he says.

"The discovery of spoken word combined all the elements I had learned and let me create a new style of rhythmic poetry."

Ritallin has a reputation for his high-energy performances, exploring social justice issues in his poems and connecting with audiences.

"You see the first time participants and the looks on their faces when they realize poetry isn't that thing you grow to hate in grade school but that spoken word is alive," says Ritallin. "It is a moving and changing thing and it's amazing."

"Everyone is welcome," says Krone. "Our motto is, 'Speak the truth, show the love.'"

The London Poetry Slam is pay what you can, with a $5 minimum and starts at 8 p.m. sharp.

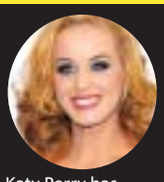
Around town

Homegrown talent Say Domino and Wild Domestic will perform at APK Live on Friday night. Swing by after the poetry slam for the four-band bill, a fundraiser for King's College University student orientation. The music will range from folk to funk to jam rock and starts at 10 p.m. $5 admission.

CONTRIBUTED

Spoken-word poet Greg Frankson, a.k.a. Ritallin.

News in brief



Katy Perry has proven she's a multi-hit wonder, becoming the first woman to score five No. 1 songs from one album on the Billboard Hot 100 chart. Her song Last Friday Night (T.G.I.F.) is the latest No. 1 from her platinum album Teenage Dream.
THE ASSOCIATED PRESS

Broadway's The Lion King puts on a special show for autistic kids, families. Scan code for more.

Yelchin gets 'freaked out' in Fright Night

NED EHRBAR
SCENE@METRONEWS.CA

MWN IN HOLLYWOOD

Anton Yelchin's boyish looks are working against him.

"I am not necessarily attracted to playing high schoolers anymore. Like, I got pretty over it," he says. "I haven't been to high school in five years. I don't really want to do a high school movie anymore, ever."

While his character in his latest film, Fright Night, is a high school student, he's quick to point out that's not a major plot point. In fact, once the action gets going — Yelchin's Charlie discovers his smooth-talking neighbour Jerry (Colin Farrell) is actually a vampire — it doesn't matter how old Charlie is as much as how scared he is, which was a major focus for Yelchin.

HANDOUT

Anton Yelchin is shown in a scene from the horror film Fright Night.

"It adds to Jerry's menace," Yelchin says. "The more freaked out he is, the more serene Jerry can be and the more menacing he can be. Because you are Charlie, you're the one that's getting freaked out that something's going to happen."

But the two stars didn't feel the need to stay away from each other off-camera to master that dynamic, though some actors might've gone that route.

"I've never really done that with anyone unless I needed to; unless I really felt like I couldn't do this without just staying in it," he says.

"We seemed to get along pretty well. We definitely weren't like, 'You stay in one corner and I'll stay in another one,' you know what I mean?"

Besides, there were plenty of other factors to the horror movie shoot for Yelchin to contend with.

"Some of the shooting was difficult," he admits.

"There's no, 'Oh, I have two minutes to run to the bathroom? Great.' It's like, 'I need 15 minutes to do what normally takes 30 seconds.'"
ANTON YELCHIN ON WEARING A VAMPIRE-HUNTING SUIT

"The hours, inevitably as the movie's coming to a close, get longer and longer, so you get more and more tired, but we had a great time because the people are really great."

He also got to play some dress up, as Charlie dons an impressive homemade vampire-hunting suit late in the film, something he'd be delighted to see fans wearing at next year's Comic-Con.

"They will very quickly discover how uncomfortable that outfit is," he says.

"It was so hot. It's fireproof. I don't even know what that material is. It might as well have been bulletproof, too. It looked cool. At the end of the day, that's all that matters."

Comfort aside, the suit offered some logistical issues: "You have to pick and choose the hours that you're going to go to the bathroom," Yelchin says.

If Yelchin is looking to keep himself from hitting up homeroom again, then his next role, Like Crazy, is a step in the right direction.

"We're in our 20s in Like Crazy, so it had nothing to do with high school. It's about kids in college, young men and women after college trying to figure out — in a very serious way — what was going on with their lives," Yelchin says.

"It was a completely different universe. It was like the universe that I feel I inhabit more and more — just life after college, what do you do with yourself?"

Abercrombie & Fitch unhappy with 'Sitch'

Jersey Shore star offered money to stop wearing preppy brand of clothes

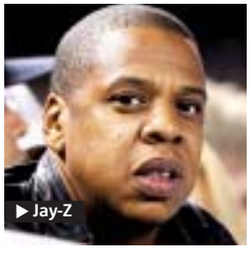
ALL PHOTOS GETTY IMAGES

Clothing company Abercrombie & Fitch is apparently so displeased with Jersey Shore star Mike "the Situation" Sorrentino wearing their wares that it's willing to pay him to stop.

"We are deeply concerned that Mr. Sorrentino's association with our brand could cause significant damage to our image," the company said in a press release, according to CNN. "We believe this association is contrary to the aspirational nature of our brand, and may be distressing to many of our fans. We have therefore offered a substantial payment to Michael "the Situation" Sorrentino and the producers of MTV's The Jersey Shore to have the character wear an alternate brand. We have also extended this offer to other members of the cast, and are urgently waiting a response." METRO

"We believe this association is contrary to the aspirational nature of our brand."
ABERCROMBIE & FITCH PRESS RELEASE

▶ Jersey Shore's the Situation.


▶ Jay-Z

Jay-Z compares Beyoncé to MJ

Jay-Z may be a bit biased, but he thinks wife Beyoncé is pretty great — and possibly even the second coming of Michael Jackson.

"I know that's blasphemy to compare the two because Mike was such an innovator, but I think she's like the second coming," Jay-Z tells Miami radio station 99 Jamz. "You know, the hard work and dedication that she puts into her shows. It just makes you want to work harder at your own craft. She's like a machine." METRO

"I think she's like the second coming." JAY-Z

Depardieu's keeping it classy

French star Gerard Depardieu made quite a stink on a CityJet flight bound from Paris to Dublin recently.

While the plane was delayed on the tarmac, Depardieu asked to use the restroom and, after he was refused, reportedly relieved himself in the aisle of the plane.

"I will only confirm that he, in effect, urinated in the plane," a spokeswoman for the airline says.

After the incident, the plane had to return to the gate and was delayed for two more hours for cleaning.

It was not clear whether any action would be taken against Depardieu. METRO

▶ Gerard Depardieu

Talking points

Pitt, Jolie pay well for their train travel

NOT CHUMP CHANGE. Brad Pitt and Angelina Jolie know how to travel.

When it was time to move their six kids, extensive entourage and the 350-person crew for Pitt's upcoming zombie movie World War Z from London to Scotland, a private train was chartered, according to People magazine. The Jolie-Pitts even got door-to-door service.

"Three cars suddenly drove onto the platform from the street, pulled up alongside the train and then they all got out," a source says. "Brad was in one car with some of the kids and Angelina was in another with the others. They were all smiling and looked really happy, but then I suppose it's not every day that a kid gets to have their own train to play with." METRO

Gossip Girl is Pretty Reckless

MOVING ON Former Gossip Girl problem child Taylor Momsen says she's through with acting and is instead focussing on her band, the Pretty Reckless.

"I quit Gossip Girl and now tour and am in a band," the 18-year-old tells Elle magazine. "That's pretty much all I want to do. Hopefully, I'll be able to only do that for the rest of my life." Momsen was put on indefinite hiatus from the show last November, and in April is was announced she wouldn't be returning. METRO

Banks pretends to be Handler

GOOFING AROUND Actress Elizabeth Banks gets mistaken for comedian Chelsea Handler pretty often — and she sometimes doesn't correct people.

"A guy walked up to me and said, 'I just love your books. I mean, My Horizontal Life' … I was like, 'Oh, he thinks he's meeting Chelsea Handler.' I couldn't ruin it for him!" the actress said during a visit to Handler's talk show.

"I was like, 'It's nice to meet you.' I was just hanging out, being Chelsea, drinking my vodka and having a good time. He couldn't have been happier." METRO

Celebrity tweets

"note to self never leave lap top with twitter page open in a room full of friends!"
@MissKelly0

@emmabunton
"yesterday my twitter was down, my internet is still not working and my boiler is broke!!! Not a great couple of days!"

@daxshepard
"Once a week I hear someone answer their phone with, "I can't talk right now." Do they think phone will explode if not answered?"

@AlbertBrooks
"You know you've gained a few pounds if your robe is tight."

3 life

A very Gaga Christmas

Lady Gaga and her team are going to reinterpret Santa's workshop and put it on display at Barneys. She'll get an entire floor and take over the coveted windows starting in mid-November at the retailer's flagship Madison Avenue store. There will also be a collection of Gaga's Workshop gift items that will raise money for a charity of her choice. Campaign visuals, including a cartoon rendering of Gaga with long blue hair and a sparkly red jumpsuit, will be used to decorate shopping bags and other packaging, and will be featured on the company's website.

THE ASSOCIATED PRESS

Anti-aging skin care tips for men and women

Worldwide trends

There's a boatload of new shapes, prints and overall ideas to choose from for fall Before you hit the stores, refer to this guide for navigating through it all

KENYA HUNT
LIFE@METRONEWS.CA
METRO WORLD NEWS

▶ Prada

SHAPES:
THE SIXTIES ARE THE NEW SEVENTIES

It's amazing how quickly decades come and go. Sixties flavoured A-line dresses, skirts and coats ruled the runways for collections such as Prada, Burberry Prorsum and Fendi, replacing all of those floaty '70s looks you coveted last fall. Even trousers have a new feel to them in cigarette shapes with higher hemlines.

▶ Marc Jacobs

PRINTS:
POLKA-DOTS AND STARS ARE THE NEW STRIPES

Last season it was all about stripes. But this fall, polka-dots and stars take the prize for the trendiest print. Thank Marc Jacobs, Stella McCartney and Topshop Unique for all the spots you're seeing in the shops, while Dolce & Gabbana are behind all those dresses covered in Milky Way that you've been seeing on the red carpet.

▶ Dolce & Gabbana

IDEAS:
MAXIMAL IS THE NEW MINIMALISM

Embellished to the hilt in crystals and glitter (Dolce & Gabbana) or patchworked to the Gods (Fendi), details and ornamentation are suddenly very important. As seen on just about every runway, more is definitely more this season. And if you're feeling really adventurous, combine them all in a single, in-your-face outfit and own it.

2 FOR LESS: FALL TRENDS ON THE HIGH STREET

THE '60S

▶ H&M dress, $60 hm.com

SHINE AND SHIMMER

▶ Zara jacket, $129, zara.com

JOHN FRIEDA VOLUME REFERESHER AND LACOUPE HAIR REVIVER

Let all the world stare at your beautiful head of hair

THE KIT

Rice 'n' easy

Dry shampoos are total time savers, but they so often leave a powdery residue. To get shiny hair with the shake of a can, try LaCoupe Orgnx Re Fresh Instant Hair Reviver ($10, orgnx.com), which contains brown rice to add moisture to hair (it sprays on wet) or John Frieda Luxurious Volume Anytime Volume Refresher ($11, johnfrieda.ca), a dry spray-shampoo that contains transparent rice starch that blends into your hair with no white buildup.

Getting Married?

"For shiny, healthy hair on your big day, get a cut, colour and hair treatment a few weeks ahead of time," says Nhi Tran, creative directorb of Sassoon Salon Toronto.

TRY IT Pantene Pro-V Colour Nourishing Treatment renews the hair's surface, sealing damaged cuticles and preserving colour for up to six weeks; $9, pantene.ca.

SUBSCRIBE FOR FREE TO THEKIT.CA– AND DISCOVER THE DIGITAL WORLD OF BEAUTY.

5 tips for a clutter-free home

What to do when 'stuff' takes over your house and makes you miserable
An organized space will leave you feeling more relaxed and comfortable

DIY IDEAS

Mail, toys, clothing, knick-knacks — these are just a few examples of things that can pile up in our homes.

Consumed is a new Canadian TV series that tackles clutter head-on.

It's an extreme home experiment that challenges Canada's most overwhelmed pack-rat families to survive for 30 days with only the bare essentials.

Series host Jill Pollack is a de-cluttering expert who guides families through a unique shock-therapy process that allows them to cut through their physical and emotional clutter and rebuild their lives from scratch. Pollack gives Metro readers five simple tips to help reduce household clutter:

1. Tidy under the sink
Remove anything that's not cleaning-related.

Streamline your cleaning products — one product will usually clean a number of areas in your home.

Colour-code sponges for consistency.

2. Hang a bulletin board
Keep track of events, happenings and issues in the family, and tack items like event tickets or wedding invitations.

Think of it as a revolving inbox.

3. Organize the hall closet
Use an over-the-door plastic shoe bag for items you need when you're walking out the door.

Create a high row of hooks for hats and a low row for kids' coats and backpacks.

4. Create order at the doorway
Use a wicker basket to hold keys, wallets and cellphones, and another for mail.

Stop junk mail at the source by registering for a service to prevent unsolicited mail.

5. Manage your media
Store your CD collection in the sleeves of a media book. Get rid of audio cassettes and VHS tapes unless they are family home movies.

Keep your remotes in a basket on top of the media centre.

CONSUMED LAUNCHES TUESDAY, AUG. 30, AT 10 P.M. ET/PT ON HGTV CANADA.

De-cluttering pro

Jill Pollack is a de-cluttering expert and host of the new series Consumed on HGTV Canada.

▶ Jill Pollack

ALL IMAGES ISTOCK

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5

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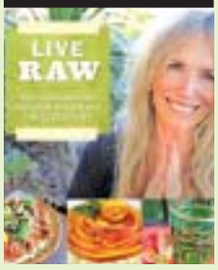
Weekly Cookbook



In her book Live Raw: Raw Food Recipes For Good Health and Timeless Beauty (Thomas Allen & Son, 2011), Mimi Kirk reveals how living raw — eating a vegetarian, and ideally raw diet — can make you look and feel amazing.

Kirk provides advice on detoxifying, what you need to eat every day and why as well as more than 120 raw food recipes such as Zucchini Noodles and Peanut Sauce, Caramelized Onion Bread, Stuffed Portobello Mushroom with Basil Pesto Sauce, Chocolate Caramel Bars and more.

Chapters include: Main Courses, Sweets, Salads & Dressings, Vegetables and Side Dishes.

Wrap it up

Looking to pack a lot of flavour into a dish? Combine savoury ingredients to make tapenade

When you need to jam a lot of flavour into a simple dish, reach for an umami bomb.

That is, foods that are jammed with the fifth taste — savoury (to go along with bitter, sweet, salty and sour). In a small package, these foods deliver seriously big and satisfying flavour. They include Parmesan cheese, anchovies and steak.

It's the reason tapenade — a simple puree of olives, anchovies, garlic, capers, olive oil and thyme — is so great. It's salty, savoury and pungently delicious. It can be spread on baked fish, used as a dip or spread for crusty bread, or do duty as a sandwich condiment.

And don't let the anchovies spook you. You'll never know they are there, but the flavour isn't the same without them.

Using the meat from a rotisserie chicken lends a great hefty, meaty texture to this wrap.

Roasted Chicken Wraps with Tapenade

Preparation:

1. In a food processor, combine olives, anchovies, garlic, capers, olive oil, lemon zest and juice, thyme and red pepper flakes. Pulse until very finely chopped. Season with salt and pepper, then pulse again.
2. Spoon 15 to 30 ml (1 to 2 tbsp) of the tapenade over each tortilla. Top with several leaves of lettuce, a quarter each of the rotisserie chicken, red peppers and Parmesan. Wrap the sides of the tortilla up around the fillings. The Roasted Chicken with Tapenade wraps can be eaten as is or heated in a 180 C (350 F) oven.

THE ASSOCIATED PRESS

MATTHEW MEAD/ THE ASSOCIATED PRESS

Start to Finish: 20 mins.
Servings: 4

▶ A puree of olives, anchovies, garlic, capers, olive oil and thyme is the star of this recipe.

Ingredients:

- 375 ml (1 1/2 cups) pitted kalamata olives
- 2 anchovies
- 3 cloves garlic
- 10 ml (2 tsp) capers
- 45 ml (3 tbsp) olive oil
- Zest and juice of 1/2 lemon
- 10 ml (2 tsp) chopped fresh thyme
- Pinch red pepper flakes
- Salt and ground black pepper, to taste
- 4 large flour tortillas
- Bibb or Boston lettuce leaves
- Meat from a 750-g (1 1/2-lb) rotisserie chicken
- 1 jar (340 ml/12 oz) roasted red peppers, drained, patted dry and chopped
- 125 ml (1/2 cup) grated Parmesan cheese

A collision of unlikely flavours

Oranges, onions and coriander co-exist in this spice-heavy salad Use fresh spices for exceptional taste

For the women behind public radio's show for people who love to eat, the perfect salad is one you simply must eat.

"A great salad? It's the salad you can't stop eating. Extraordinary salads turn textures and shots of flavour into new pleasures. And salads take on all sorts of roles," said Lynne Rossetto Kasper and Sally Swift, whose Splendid Table show is heard on public radio stations around the United States.

The pair offers a salad from its upcoming cookbook, How to Eat Weekends. "This North African salad was dreamed up as a lesson in getting the most from your spice rack," they said.

Orange Onion Salad with Warmed Coriander Oil

Preparation:

1. Fill a bowl halfway with ice cubes, then add onion. Top with more ice cubes. Add cold water to cover and refrigerate for a couple of hours or overnight. Drain onions and pat dry.
2. In a microwave-safe bowl, combine oil, coriander and orange zest. Microwave on high for 1 minute. Alternatively, combine ingredients in a small saucepan and warm over medium heat for 2 minutes. Set aside to cool.
3. To serve, arrange orange slices and onion slices on a platter. Scatter with olives and oil. Finish with salt, pepper and sugar, to taste.

THE ASSOCIATED PRESS/ HOW TO EAT WEEKENDS BY LYNNE ROSSETTO KASPER AND SALLY SWIFT

Ingredients:

- Ice
- 1 small or 3/4 medium red onion, halved and thinly sliced
- 125 ml (1/2 cup) extra-virgin olive oil
- 30 ml (2 tbsp) coriander seed (generous), freshly ground
- 10 ml (2 tsp) finely grated orange zest
- 10 to 12 navel oranges (1.8 to 2.2 kg/4 to 5 lb), peeled and sliced into 5-mm (1/4-inch) thick rounds
- 125 ml (1/2 cup) black olives
- Coarse salt
- Generous amount ground black pepper
- 20 to 30 ml (4 to 6 tsp) sugar

A glimpse of the future?

NHL tests possible rule changes using prospects for 2012 draft

There are 27 potential changes being looked at during the NHL's research and development camp and it's possible that not a single one will ever make its way into the league.

The same can't be said of the players who are serving as guinea pigs this week.

One of the most important aspects of the two-day event is the fact top prospects for the 2012 draft are the ones competing in scrimmages with the different rules. Even NHL executive Brendan Shanahan, who is in charge of the camp, harbours no illusions about why roughly half of the league's 30 general managers interrupted their summer vacation to attend.

"The truth is that we coax a lot of them here with the 36 best 17-year-olds in North America," Shanahan said yesterday. "It's sort of once we get them under the roof, as they're scouting these kids, they get trapped into a conversation about hockey and the future of the game."

The NHL makes no secret about the fact that virtually none of the tweaks or changes being looked at will be officially adopted. Even if a rule garners interest here, it would likely be at least a year before it could be added to the rulebook because it would require approval from the general managers, competition committee and board of governors.

If anything, the research and development camp is more about identifying trends and gathering data that could be useful well down the road.

"This gives us an opportunity to try new things, look at things, even if we never implement them," said NHL commissioner Gary Bettman. "It really gives us a chance to take a deep breath — not during the season, when everybody's worrying about the game they have to play — and make sure that we are comfortable with where we are."

THE CANADIAN PRESS

The ideas

Some of the concepts being tested include:

- **Overtime:** Seven minutes of overtime instead of five with both 3-on-3 and 4-on-4 scenarios tested. Three minutes of 3-on-3 play to follow four minutes of scoreless 4-on-4 action.
- **Shootouts:** Five players from each team will shoot and if the score remains tied, the same players can take another crack in a sudden-death format.
- **Bear hug:** Players will be permitted to wrap their opponent up when taking him into the boards without being called for a holding penalty.

TORSTAR NEWS SERVICE

AMY DEMPSEY/TORSTAR NEWS SERVICE

▶ Prospects help test new faceoff rules yesterday in Toronto. Rules include: The same linesman drops the puck for all faceoffs and all faceoffs take place only in a faceoff circle.

4 sports

Quoted

"He can't just show up the week before in Australia."

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NFL

Maybin's supersonic transition

Aaron Maybin is already trying to make an impact with the New York Jets.

The former Buffalo Bills first-round pick agreed to terms early yesterday, passed his physical a few hours later and signed with the Jets — all in time for his first practice with his new team. He says playing for Rex Ryan and the Jets is a perfect fit and he "didn't want to play for anybody else." THE ASSOCIATED PRESS

NHL willing to look closer at mental health

Maybe there's more the league can do, says Bettman

NHL commissioner Gary Bettman expects the league to review its substance abuse and behavioural health program following the death of two players over the summer.

Winnipeg Jets forward Rick Rypien and New York Rangers tough guy Derek Boogaard both spent time in the program, which is run in conjunction with the NHL Players' Association.

"My guess is we'll talk at the appropriate time with the players' association, making sure that we're comfortable with all of the mechanisms and programs we have in place, which are extensive," Bettman told The Canadian Press at the league's research and development camp in Toronto yesterday. "I don't think any sports league does more than we do but maybe there's more, as we focus on it, that we need to focus on. I know it's always hard for people to accept, but sports is a microcosm of society in general.

"I think there certainly has to be some work done in addressing issues. ... If anything can be done to help future players, we certainly need to do it."
NHLPA UNION EXECUTIVE MATHIEU SCHNEIDER

"And life isn't always easy."

Rypien died Monday at his off-season home in Crowsnest Pass, Alta., where an RCMP official said a call was answered for a "sudden and non-suspicious" death. He was 27.

Boogaard died at age 28 in May due to an accidental mix of alcohol and the painkiller oxycodone.

In an effort to protect the privacy of those involved in the program, both the league and union are reluctant to divulge specific details about how it functions. THE CANADIAN PRESS

London Minor Football has openings for our fall 2011 season in London. Full contact tackle house league football for boys and girls ages 7 to 13. Beginners welcome and all equipment provided for $250.

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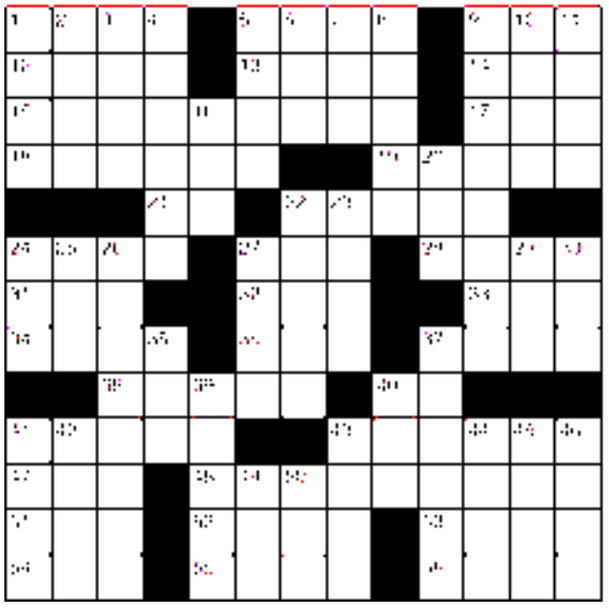
Crossword



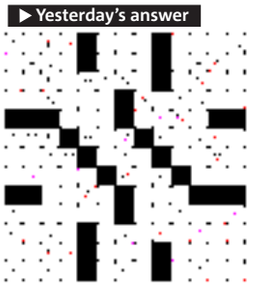
Across

1 Lose it
5 Bit of derring-do
9 Wager
12 Top-notch
13 Jason's ship
14 "Go, team!"
15 Fictional girl detective
17 Work with
18 Plumed military hats
19 Host
21 Type measure
22 Donny's sister
24 Brazen
27 Highland hat
28 Skirt feature, maybe
31 Shock and —
32 Catcher's place?
33 A billion years
34 Accomplishment
36 Dawn goddess
37 Penny
38 Marine from Mayberry
40 "Little Women" woman
41 Less improved
43 Mountain range
47 A Gershwin
48 Super Bowl XLIV MVP
51 Chaps
52 Tittle
53 Money
54 Cauldron
55 Vacationing
56 Art Deco pioneer

Down

1 Without
2 Ark captain
3 Faris or Paquin
4 Ate like a bird
5 Crazes
6 Blunder
7 Time of your life?
8 Pisa landmark
9 Martial-arts film star
10 Facility
11 Quaker's pronoun
16 Thither
20 Wrong (Pref.)
22 City head
23 Iowa city
24 Awful
25 Have debts
26 "Shampoo" Oscar winner
27 Genealogy chart
29 Charged bit
30 Stick with a kick
35 Two, in Tijuana
37 Strong-arm
39 TV, radio, etc.
40 Triangular sail
41 Weakling
42 Black-and-white cookie
43 Convince
44 Back
45 Leftovers
46 Arthur of tennis
49 Tier
50 Greek vowel

▶ Yesterday's answer



Sudoku

4				6		2		
5					2	3		6
			3			9		
		8	7		1	6		2
7		4	6		9	5		
		2			4			
1		3	8					5
		6		7				8

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

1	7	8	3	6	9	5	4	2
3	2	5	8	4	7	9	6	1
9	4	6	2	1	5	3	8	7
7	5	4	1	9	3	8	2	6
6	8	3	5	2	4	1	7	9
2	1	9	7	8	6	4	3	5
8	3	1	9	7	2	6	5	4
4	9	2	6	5	8	7	1	3
5	6	7	4	3	1	2	9	8

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Lusquiggles, you are the most amazing person on earth. I love your smiles and your hugs and kisses, even though we haven't seen each other for two months and we were 5339.385 kilometres apart. Sending kisses 30,000 feet in the air for a safe flight home to me. xox **NOVIA**

Boo Behr, Since the first night, when I kissed u surprisently under the big red ball, I knew u were, "who" our creator sent 2 me,I'll love you always and forever my big behr xoxo luv ur wife 4 life **THE KAT**

Dear Rez, Happy 3rd wedding anniversary. We are yet to go on our honeymoon. But know: everyday with you is like a honeymoon. You make me complete. u're everything a girl wants in a man and more. Love you with all my heart. **YOUR OTHER HALF**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 By all means, disagree with someone whose authority you don't respect.

♉ Taurus April 21-May 21 You may be willing to change your plans to fit in with someone else's schedule but don't think you must.

♊ Gemini May 22-June 21 You may be annoyed that a pal didn't consult you before changing his or her plans, but don't let it show.

♋ Cancer June 22-July 22 You have a long road ahead of you, so don't take on any more responsibilities. Stop wasting your energy.

♌ Leo July 23-Aug.23 Even routine matters are likely to change today, so don't plan too far ahead.

♍ Virgo Aug. 24- Sept. 22 You're about to discover that your sympathy for someone you thought was in trouble was entirely misplaced.

♎ Libra Sept. 23-Oct. 23 You have a tendency to fear the worst. The planets indicate that nothing hurtful is going to happen.

♏ Scorpio Oct. 24-Nov. 22 Someone you meet today will inspire you and you will go out of your way to copy their success.

♐ Sagittarius Nov. 23-Dec. 21 What someone tells you today might sound like good advice but read between the lines.

♑ Capricorn Dec. 22-Jan. 20 Disruptions are likely and you'll get angry with people who change their plans at the last moment.

♒ Aquarius Jan. 21-Feb. 18 Do you push ahead with something that is right for you but wrong for others? Listen to your conscience.

♓ Pisces Feb. 19-March 20. Help those in trouble but resist the urge to lecture. **SALLY BROMPTON**

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